



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-12-12)

Visit us at www.fns.usda.gov/fdd

100209 – APRICOTS, CANNED, HALVES, EXTRA LIGHT SYRUP, #10

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B canned unpeeled apricot halves are packed in unsweetened fruit juice, extra light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 106 oz (12 cups) apricot halves and juice.One #10 can AP yields about 62 oz (7½ cups) drained apricot halves and provides about 29.3 ¼-cup servings of drained apricot halves OR about 48.0 ¼-cup servings of fruit and juice.CN Crediting: ¼ cup apricot halves and juice OR ¼ cup drained apricot halves provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none">Store canned apricot halves in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned apricots covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.Use a clean and sanitized can opener.Apricot halves can be used right from the can, chilled, or at room temperature.

Nutrition Information

Apricots, halves, extra light syrup or juice

	1 half (63 g)	2 halves (127 g)
Calories	31	62
Protein	0.38 g	0.76 g
Carbohydrate	7.94 g	15.88 g
Dietary Fiber	1.0 g	2.0 g
Sugars	6.94 g	13.88 g
Total Fat	0.07 g	0.13 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.38 mg
Calcium	6.5 mg	13 mg
Sodium	1.5 mg	3 mg
Magnesium	0 mg	0.01 mg
Potassium	89 mg	178 mg
Vitamin A	807 IU	1614 IU
Vitamin A	40.5 RAE	81RAE
Vitamin C	2.55 mg	5.1 mg
Vitamin E	0.38 mg	0.76 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-12-12)

Visit us at www.fns.usda.gov/fdd

100209 – APRICOTS, CANNED, HALVES, EXTRA LIGHT SYRUP, #10

USES AND TIPS	<ul style="list-style-type: none">• Serve apricots chilled with syrup or chilled and drained as part of fruit salads. Apricots can also be served with cottage cheese.• Combine with other fresh, canned, or frozen fruits for fruit cups or compotes.• Serve drained and heated or at room temperature as a garnish for main dishes.• Use as directed in recipes specifying apricots such as cobblers and crisps.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.